



REGIONAL SELF ADVOCACY

NEWSLETTER_{ETTE}*

SONOMA * NAPA * SOLANO

JANUARY 2013

* A SHORTER VERSION OF OUR USUAL NEWSLETTER...TO GET INFO TO YOU **FAST!**

~~~ALL ABOUT JOBS~~~

At the January 24th Regional Self Advocacy Meeting, we learned about jobs, starting your own business, and getting a business loan. There was so much great information. A summary of the info is below.

If you want to get a new job or you want to start a business,
THINK ABOUT WHAT YOU ARE INTERESTED IN

Dave always liked machines. He had a job vacuuming and he liked that. He started using a lawnmower, and from there he started his own landscaping business. Besides his landscaping business, Dave also has a salsa business. Dave volunteered at Saddle Pals and love riding horses and feeding them. He decided to start a garden so he could grow carrots to feed to the horses. He used two community

gardens for the carrots, and he planted some tomatoes too. He fed the carrots to the horses, and he sold the tomatoes. He realized that instead of just selling the tomatoes, he could make salsa and to sell. That's how his salsa business was born.

As he was growing up Frank, liked picking up recyclables and would make a little bit of money from it. He



always carried plastic bags to pick up any recycling he saw around town. Frank decided to turn his hobby into a business. As you saw, he now has a very successful recycling

business. In the four years he's been in business, Frank has gotten a storage facility to hold his recycling, a computer, and a truck!



IDEAS

- ✓ Lending Works Inc gives no interest loans to people who want to start their own businesses!

<http://www.lendingworksinc.com/>



Janice worked in an office and liked to keep things neat and orderly. She really enjoyed shredding. She got a donation of a shredder and went around town to see if she could get a few clients. She did! She had enough business that she was able to buy a commercial shredder. Janice found out that she could sell the shredded paper to International Paper. She makes money in two ways from her shredding business: shredding for businesses, and selling the shredded paper!

So...think about what you like to do, or if you're not sure, you can volunteer or try different jobs.

YOU CAN GET SUPPORT TO SUCCEED

To get started in their own businesses, Janice, Dave and Frank got support to write business plans. They monitor their business plans to make sure their businesses continue to succeed. Janice, Dave and Frank get support to drive to their clients, report their income to social security, schedule their appointments, and market their businesses.

An accountant helps the small business owners prepare their tax returns every year.

- ✓ Interested in plants or landscaping? Solano College has a horticulture program.
- ✓ Vistaprint 250 free business cards (you have to pay for shipping & processing) if you let them put Vistaprint info on the back of your card.
<http://www.vistaprint.com/>
- ✓ You can start a business as a second, part time job if you already have a job you like.

Remember what Martin said - we can all help people get jobs. Please tell your friends about the meeting, the speakers, and share this info with them!



YOUR FEEDBACK COUNTS!

Thank you for filling out the evaluation forms, talking to us after the meeting, calling and emailing to give your input.

- 32 people said the meeting was 'Good'
 - people said the meeting was 'Fair'
 - people said the meeting was 'Poor'
-
- 32 people said the information about jobs was 'Good'
 - people said the information about jobs was 'Fair'
 - people said the information about jobs was 'poor'

The best part of the meeting today was:

- ✓ Learn that we can start our own business.
- ✓ Prizes and lunch
- ✓ Hearing about people adventure in their businesses.
- ✓ Information – owning business (how to start it)
- ✓ And best of all, the lending program.
- ✓ Learning about how it helps. Learn about what to do about options. Learning about help to get jobs.
- ✓ Job info.
- ✓ I got a chance to speak and got a lot of information from the speakers.
- ✓ Lending Works info!
- ✓ The whole thing.
- ✓ Being able to have a chance to speak.



- ✓ The microenterprise presentations.
- ✓ The info on jobs.
- ✓ The presentations and speakers.
- ✓ Learning about having your own business.
- ✓ Speakers were inspiring.
- ✓ Getting ideas. I didn't know I could have my own business.

What would have made the meeting better:

- ✓ Refreshments and break midway
- ✓ More info on what and how to get different kinds of work or starting a business.
- ✓ It was really good and informative. Nothing needs improvement.
- ✓ That the leader could care about all side place of the public.
- ✓ Nothing.
- ✓ Need more information about work goals and more information going into business for myself to work plants and flowers.
- ✓ Better sound equipment.
- ✓ Nothing.
- ✓ Better sound/mics.
- ✓ Better sound – couldn't hear very well.
- ✓ Talk about supported living.

What would you like to see happen at the next meeting:

- ✓ More questions related to working
- ✓ Interaction
- ✓ See more about jobs
- ✓ More ideas of different businesses.
- ✓ More info about relationships.
- ✓ Learning more about housing and SSI and medical benefits and marriages. Learning more about going into business for myself to work with plants and flowers.
- ✓ Recreation services – what will regional center pay for.
- ✓ Social security.

- ✓ How your job impacts your SSI.
- ✓ Talk about money management, social security, bank accounts.
- ✓ Setting goals. Figuring out what job to do.
- ✓ More ideas about jobs.
- ✓ Starting a business – more help on this.

Other comments:

- ✓ Thank you. Great job!
- ✓ Popcorn was good.
- ✓ I liked the room set up better.
- ✓ I learned so much. Thank you.
- ✓ Dave's salsa was good!



I'm sorry some of you couldn't hear well. The wonderful NBRC staff person who usually helps us set up all the equipment was on vacation. Kimberly D – we missed you!! We will work to make the sound better before the next meeting. Thank you for letting us know!!

What is Your Dream Job?

- What I do now.
- Own Boss
- Art Photographer
- Music Producer
- Professional traveler
- Clean Planes
- Work at Wal-Mart
- Education
- Work for Amtrak
- Work with plants and flowers
- Retail
- Singing
- Moving
- Welder
- Work at clothing store
- Waitress



Do You have any New Year's Resolutions?

- Save Money
- Don't lend money
- Education and Computer
- Getting Married
- Travel
- Better my life
- Take care of family
- Do well in school
- Be with my family
- Meditate more
- Buy a house
- Make money and full time job
- Eat less sugar
- Help people get jobs and advocate with them for a better future
- Go to the gym more
- Help everybody get a job
- Being around positive people
- To find Liz work

A dream
becomes a goal
when action is
taken toward
achieving it...

Thank you to the wonderful presenters!! And thank you to all the people who came, participated, learned, shared, and helped.

Stay tuned for information on the next Regional Self Advocacy Meeting!

